

BBQ TOFU

From the Kitchen of: Lissa Spitz, Program Manager, Ann Arbor-Washtenaw 2030 District

Preparation Time: 30 minutes | **Cook Time:** 25 minutes | **Yield:** 3 servings

Common Allergens: Soy

This delicious and easy-to-prepare dish is a plant-based twist on the classic summer BBQ! Baked or grilled tofu is the perfect vessel for the dish's signature, homemade smoky barbecue sauce. Recipe contributor, Lissa, first had this dish at an A²ZERO sponsored event, and it has since become a well-loved family classic.

INGREDIENTS:

FOR THE TOFU:

- 16 ounces extra-firm tofu
- 2 Tablespoons olive oil
- 1 Tablespoon soy sauce
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 cup homemade barbecue sauce

FOR THE SAUCE:

- 1 cup ketchup
- 2 Tablespoons soy sauce
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon mustard
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon hot sauce, or to taste

OPTIONAL TOPPINGS:

- green onions to taste, sliced
- sesame seeds to taste

NOTE:

According to Lissa, this recipe is best when made with extra firm tofu from the Ann Arbor-based brand, Rosewood.

INSTRUCTIONS:

- Preheat the oven to 400° F.
- In a small saucepan over low-to-medium heat, whisk the barbecue sauce ingredients together. Bring the sauce to a light simmer for 15 minutes, stirring occasionally.
- Pat the tofu dry, then cut or tear it into bite-sized (approximately 1-inch) chunks.
- Toss the tofu chunks with the olive oil, soy sauce, paprika, garlic, salt, and pepper.
- Place the tofu on a lightly greased baking sheet in a single layer.
- Bake the tofu for 25 minutes, until crisp on the edges.
- Toss the baked tofu with ½ cup of the barbecue sauce. Then, return it to the baking sheet, and bake for 5 more minutes.
- Remove the tofu from the oven and optionally garnish it with green onions and sesame seeds!

ALL ABOUT TOFU:

Tofu is a protein-rich food made from soy, water, and a coagulant, like acid, salt, or enzymes.

Although soy is associated with environmental problems like deforestation, erosion, and fertilizer runoff, most of the environmental impacts of soy are related to the production of soybeans for animal feed.

Soybeans produced for human foods, like tofu, make up only 7% of all soy produced globally!

